2015 Website Program Description

Prerequisites: None

From an inner space, you will look at your life on physical, emotional, and spiritual levels with the intent of coming to terms with the past and preparing for whatever the future brings. You will celebrate the sacredness of your existence. You will sound the bell to ring out the old and bring in the new. You will approach yourself, your life, and the future from a heartfelt perspective.

Hemi-Sync® and SAM exercises will be offered each day. There will also be times of shared silent reflection and hands-on exercises to reconnect with your total self. This will be a week of depth.

You can throw off your blinders and perceive reality in a completely new, liberating way, remembering that you are more than your physical body. Spending part of the holiday season with like-minded people who share many of your interests is an added attraction that also supports your personal work.

Relax, re-energize, and look to the future with different eyes, new insights, and revitalized energy. You will usher in the New Year knowing it will likely be different from any year you have previously experienced or imagined.